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"What I say unto you I say unto all, WATCH."—Jesus

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Founded in 1898 by Mary Baker Eddy,
Author of the Christian Science Textbook,
Science and Health with Key to the Scriptures



Marca Registrada

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Christian Science Sentinel®

Marca Registrada

"What I say unto you I say unto all, WATCH." Jesus

"Should such a man as I flee?"

ISABEL F. BATES

After Nehemiah had finished his work of rebuilding the wall of Jerusalem and was ready to set up the gates, his enemies tried to frighten him into running away and taking refuge. But Nehemiah refused to be intimidated. "Should such a man as I flee?"¹ That was his strong reply to their evil suggestion.

Today, through television, radio, motion pictures, as well as the printed word, we are bombarded with suggestions of evil across a wide front. Violence, hatred, and immorality are depicted on all sides, spreading pessimism and disillusionment. Astrology and other forms of occultism are publicized as wielding control over us, while fear is constantly fostered by advertisements that contain descriptions of diseases. As a result, we may find ourselves entertaining some disruptive and harmful thoughts.

But what did Nehemiah say when his enemies first threatened him? He addressed them directly: "The God of heaven, he will

prosper us; therefore we his servants will arise and build: but ye have no portion, nor right, nor memorial, in Jerusalem.”²

“Evil is not something to fear and flee before, or that becomes more real when it is grappled with,” writes Mary Baker Eddy, the Discoverer and Founder of Christian Science. And she continues, “Evil let alone grows more real, aggressive, and enlarges its claims; but, met with Science, it can and will be mastered by Science.”³

Should such a man as you and I flee, surrender to the discordant suggestions of evil, as mankind moves toward a more spiritual sense of existence? Or should we “arise and build,” use the power of the healing Christ, Truth—as Jesus, our Way-shower, did—to master them?

Exactly what sort of man are we anyway, you and I? Aren’t we something more than little physical personalities fighting terrific odds? Aren’t we related to God in some scientific way that, when understood, can be of practical help to us? Christian Science answers yes to these questions.

God is supreme and divine intelligence, the infinite Father, Mind, who supports and protects us—the universal Mother, Love, who tenderly comforts and cares for us. We are, in divine fact, Mind’s spiritual ideas, God’s own means of expressing Himself. That is how at one we are with Him.

Because it is unknown to this flawless Mind, evil has no authenticity or reality in divine metaphysics. It is never anything but mesmeric suggestion, a mistaken concept belonging to the whole system of finite mortal beliefs, which we see as a material universe.

Material sense tempts us to refer continuously back to its false concept of us as burdened mortals. Even while we are earnestly praying it may suggest errors to us. But we can know with healing results that since evil, seen in the light of Science, is sheer nothingness, it has no means at all whereby to characterize itself in our consciousness as any personality, situation, or disease.

Suppose we feel we’ve been hurt so often that it’s best to withdraw from others and just hide—flee away! That’s mesmerism. The Christ frees us from self-centeredness and its binding fears. And sooner or later it brings us to the holy realization that there is no worthwhile purpose or pleasure in life outside of the unselfed loving that fearlessly reaches out to serve mankind.

A deep peace comes when we learn that just as the character of the sun's rays is determined by the sun, so all we are or have or need comes from God and belongs to Him. All reality is His, all consciousness! He is actually the only "I" that exists, the one and infinite Ego, which we reflect.

To admit that there is, or ever was, any other "I," any finite consciousness or ego that could be mesmerized or lacking in understanding, is to believe that God, somewhere down the line, has failed to be All, has ceased to be the source of all real consciousness, and this in itself is mesmerism. "The divine understanding reigns, is *all*," Mrs. Eddy states, "and there is no other consciousness."⁴

How different the scene is when we look out from a perfect spiritual cause upon a universe of God's ideas, instead of from the basis of material sense, which sees its own false phenomena!

There is no clash of personal wills, temperaments, or policies in the divine economy. No catastrophes can threaten it. God, Mind, the infinite Principle who is our common Father-Mother, governs there, perfectly controlling all action, relationship, and expression. This economy has inexhaustible resources. Everything is in order, immaculate, beautiful. God's arms are around all, and His goodness is pouring itself forth, protecting, feeding, prospering every one of His children! Nothing in it can ever be under contention, lacking, lost, or destroyed.

Man, as citizen in this divine economy, complete in his representation of Mind, sees himself as satisfied, rich, wonderfully companioned and provided for. He is held secure in Love's progressive plan for him. This being the truth of man, how can we allow ourselves to be trapped into holding limiting or hurtful views of ourselves or anyone? We can't. God's ideas can never do less than express His perfection.

This is not just dreamy optimism. It is spiritual realism, and the affirmation of this truth is scientifically healing prayer. With it we can help today to wipe out the world's catastrophes, starvation, fighting, and misery. "The days are at hand," the Bible tells us, "and the effect of every vision."⁵

We can prove that fear is impossible to man, God's idea. In Love's all-presence, there is nothing whatever to be depressed about, fret over, or flee from. Steadfastly living, feeling, affirming such

truths, we can prevent the emotional disturbances that might claim to fester deep within us and erupt as abnormality of some sort.

All the talk we hear about the physical body—its supposed weaknesses and vulnerability to disease—can't disturb us when we are thinking of man in infinite terms. The substance of which God has made us, our true identity, is not material but spiritual, reflecting Him. This identity doesn't become sick, grow old, or deteriorate; it is continually sustained by Spirit.

God, Principle, Love, does the structuring of it, the activating, the regulating of it, in utter harmony. He is the source of our vitality and existence, and there is nothing wrong with that source. It is almighty, omniactive, unfailing. We correct the mesmeric sense of a sickly material selfhood in pondering such thoughts.

It is Truth, rather than the medicines promoted by mortal belief, which we need. Truth gives us the spiritual inspiration for every move we make, every step we take, every breath we draw. The free circulation of Truth's ideas through our consciousness acts like a powerful clear stream. It purges out accumulated beliefs of unhappiness, impediment, impurity, and it keeps them out. Truth calms irritation. It breaks up mental congestion, melting away hardness and pain.

We are being told interminably what we should eat and not eat. But centering our thought on spiritually digesting the lessons before us, on assimilating good and eliminating false mental elements, will do far more for our health. Isn't it a feeling of being settled and at peace that we require above all—a conviction that we're established in the right path, and in the hands of divine Love?

Man is the expression of Soul's perfect faculties. This is how God has fashioned us in Spirit. So we do hear. We do see. Our God-given understanding and discernment of divine perfection remain undimmed, unimpaired, never under the regime of mortal diagnoses and theories. Nothing can hide from us the goodness of God's creation, or blind us to His blessings!

It isn't too much to claim for ourselves that we are, in truth, just as free from problems as God, whom we reflect. All is certainly well with us, then, and there is no counter force or influence to make us believe otherwise. Such a man as we are doesn't flee before evil's

mesmeric suggestions. We trust our Father-Mother and look to Him for our wholeness and freedom.

Mrs. Eddy is quoted as writing to a student: "Do not forget to be strong in the clear consciousness that you are able to heal and no counter mind can make you weak for a moment through fear or a lack of confidence in your power or rather understanding. Remember God, Truth, is the *healer*, the balm in Gilead, and our only Physician, and can never be insufficient for all things."⁶

¹ Neh. 6:11; ² 2:20; ³ *Miscellaneous Writings*, p. 284; ⁴ *Science and Health with Key to the Scriptures*, p. 536; ⁵ Ezek. 12:23; ⁶ Clifford P. Smith, *Historical Sketches* (Boston: The Christian Science Publishing Society, 1941), p. 229.

Your Job and Your Career

NATHAN A. TALBOT

Have you begun planning it yet? Do you have some original ideas about how you want your career to develop? No—I'm not referring to the job you'll have. I'm speaking of your career.

Perhaps it's all too easy to get the two mixed up—your job and your career, that is. Sometimes we allow ourselves to drift into a job, but we don't envision a career. On the other hand, we may enthusiastically plan the kind of work we wish to do, and still may fail to glimpse something of our career.

Wherever you find your pathway leading—to engineering, farming, homemaking, selling, acting, or some other work—you still deserve to have a career, one that will enhance and enrich your work.

Jesus was a carpenter by trade, but he had a career far beyond his carpentry. His career had to do with his growing appreciation and understanding of his relationship to God. His work was so

blessed by the nature of his career that eventually he found his day-to-day experience filled with the activity of the Christ, his divine nature. We might consider this more fundamental and permanent activity to have been his career.

How do we cultivate Christliness? How do we actually begin to establish and nourish this kind of career? It doesn't just happen. It takes persistence and consecration. Perhaps first and foremost is the importance of praying daily for oneself. Sounds fairly simple, doesn't it? Yet how easy it is for us to let the days slip by without taking time to pray earnestly and in depth for ourselves. Are you really coming to know your true selfhood? To the extent that we really begin to understand our true identity as the child of God, we are building a lasting and deeply meaningful career.

Through both high school and college, I found a great deal of enjoyment in a variety of summer jobs. During these years, however, I found my greatest satisfaction in daily learning more of my spiritual identity. I began to discover that regardless of the work I was doing, my true purpose was to express the Christ. It was to reflect God—Life, Mind, Principle. In fact, I began to find that the more emphasis I placed on my spiritual career the more harmony resulted in my job.

The weekly Bible Lesson in the *Christian Science Quarterly* became a vital part of my day. The Christian Science college organization provided both healing inspiration and Christian fellowship. The Christian Science periodicals, the local branch Church of Christ, Scientist, and especially class instruction, all contributed significantly in helping me learn more of my relationship to God.

Each spiritual step brought a great sense of security and fulfillment. Each bit of progress seemed to pave the way for the next step. Mrs. Eddy writes of God, "He has mercy upon us, and guides every event of our careers."¹

What impact does the development of a spiritually-oriented career have upon our work? Our jobs may demand that we produce a design, sell a product, perform a service. Our spirituality fosters creativity, helps establish fruitful activity, and clears the way for native talent to be expressed. In fact, we might say that the development of our spiritual career supplies those very elements that a job, of itself, may lack. Christly living brings joy, inspiration,

fulfillment, a deep-rooted feeling of progress, completeness, security. It leads to satisfying answers for the questions we all must ultimately answer: Who am I? Where am I going? What is life all about? In a larger sense, our career is our road to salvation.

Where did Christ Jesus' career lead him? We can assume it led him at one point into being an honest and capable carpenter. Even at an early age it certainly led him to sharing spiritual ideas with prominent thinkers of his day—its learned men of the temple. Responding to his parents' concern for his whereabouts, he remarked, "Wist ye not that I must be about my Father's business?"² His career led him to helping others—healing their sins, sicknesses, even overcoming death. It led him ultimately to a complete demonstration of his oneness with God, Spirit. It led him to a cross, but not without finally lifting him above all human limitations—above all belief of life and substance in matter. Jesus' career of Christliness led to full salvation.

A spiritual career doesn't call for past experience in order to begin. It doesn't demand certain human talents. It can be practiced at any given moment. However, it's something far more than just talking the letter of Christian Science, breezing over the Lesson-Sermon, thumbing through the periodicals, or even regularly filling a seat in church. It calls for the kind of effort that actually gives evidence of the presence of the Christ. Our love for the Christ leads our steps in an orderly and progressive fashion.

No doubt there is a walk of life that offers wide opportunity for your talent, particularly as it is backed by the strength of a spiritual career. In my own case, regardless of the work I've done, whether driving a truck or studying hard to pass a bar exam, there was always a common thread that gave special meaning to the job. It was my spiritual career. This career still continues to bless my work. Yours will be a great blessing to your work too.

¹ *Unity of Good*, pp. 3-4; ² Luke 2:49.

You Can Give Treatment!

ELIZABETH E. SWEDER

Christian Science teaches us how to apply spiritual truths to discordant human situations through mental treatment that results in healing. Our ability to give Christian Science treatment, based on a clear understanding of the healing power of the Christ, Truth, grows as we study and ponder the Bible and the writings of Mrs. Eddy, and then willingly put into practice what we understand.

Perhaps we'd like to avail ourselves of this healing method but lack confidence in our ability to use it effectively. Do we ever find ourselves protesting that we don't know enough about Christian Science, or that we're not spiritually-minded enough, or that we haven't the self-discipline or don't even know how to give treatment?

Actually all the resources we need to do so are right at hand, and we can use them freely. But we need to see as unreal the limiting arguments of mortal mind, or evil, that would keep us from governing ourselves rightly through prayer and prevent our reaping the rewards of spiritual healing.

What about the suggestion that we don't know enough about Christian Science to heal? New students of this Science and very young children have accomplished healings through the acknowledgment of God's presence and power. More important than an extensive knowledge of the letter of Science is the sincerity and humility with which we apply it. Rather than fretting over our supposed lack of ability or experience, we can acknowledge and hold to one simple statement of truth applicable to the situation needing healing.

The truth is already true. We don't need to do anything to make it more true or to make it true for us or to make it true in a particular situation. But we do need to take the time to pray, to

affirm the allness of Truth, God, and deny the error, whenever a discordant situation appears.

Sometimes we may be tempted to think that although we study Christian Science regularly, we just aren't spiritually-minded or we can't seem to get into metaphysics, so we'd rather call on others for healing. We can always ask for help from an experienced Christian Scientist, and we have an obligation to do so if we're unable to readily heal ourselves through Science. But we need to do our own praying too.

We all have the ability to pray. Through quiet, humble listening to divine Mind we can commune with God and learn to do better, more effective healing work. We can ask our Father-Mother God to show us what we need to know to bring healing to any situation. We can shut out material sense and cultivate spirituality, and in this way unveil the potential for healing spiritually that we all possess.

Perhaps fear seems to take over our thought when we are faced with an alarming situation. But this aggressive suggestion has no power to prevent us from relying on God and going forward with an earnest desire to heal. The Bible assures us, "Be not afraid of sudden fear."¹ Acknowledging the presence of the healing Christ dissipates fear, showing it to be but a phase of illusory mortal belief.

Identifying ourselves as God's reflection, we discern that we already possess every quality needed for healing work, and we are able to utilize those qualities right where we are. Affirming that we reflect the intelligence of divine Mind enables us to give thorough treatment—to discern the specific truth applicable to the situation that needs healing and apply it effectively. Exercising the qualities of insight, perception, and intuition, one can detect what phase of error needs to be destroyed, and follow through in banishing it from thought with precision and thoroughness.

Man is forever at one with divine Principle. Knowing our unity with Principle rules out vague, wandering thoughts or self-indulgent ruminating over error and helps us shut out distractions; then our prayers can be disciplined, orderly, complete.

When we understand that it is the Christ, the ever-present

redeeming and regenerating power of God, that heals, we are freed from a sense of personal responsibility for bringing about healing. Our job is to reflect Truth and to know that Truth destroys error. Christ Jesus said, "The Father that dwelleth in me, he doeth the works."²

Treatment, or prayer, is fresh and inspired as we claim our oneness with Soul, Spirit. Understanding that man reflects the newness of creative Mind rules out stale, repetitious thinking. Knowing that we reflect Love, we find healing natural, and by applying the truths of Science at every opportunity we grow in confidence in our ability to heal.

Perhaps one thing we especially need is greater willingness to take the time to pray each time an opportunity for healing appears. If we're not alert, it's easy to let human activity nudge aside metaphysical work, and it can be all too easy to just repeat a few vague, general statements of truth without really thinking them through. Our prayer needs to be conscientious, thorough, and consistent. There are countless occasions to put to practical use our knowledge, however small it may seem, of the Christian Science healing method.

Our family began to have more and quicker healings as I became more consistent in taking the time to apply the truths of spiritual being thoughtfully each time a problem would arise. It was dawning on me that I couldn't expect to enjoy the full benefits of Christian Science if I made only halfhearted attempts at following the healing method Mrs. Eddy delineates in her writings. She says in *Science and Health*: "Every day makes its demands upon us for higher proofs rather than professions of Christian power. These proofs consist solely in the destruction of sin, sickness, and death by the power of Spirit, as Jesus destroyed them. This is an element of progress, and progress is the law of God, whose law demands of us only what we can certainly fulfil."³

When we have a genuine desire to heal by spiritual means, we find we are willing to give up self-interest and personal plans to achieve that goal, and no resistance to spirituality or mesmeric attraction of matter can prevent us from taking the time to pray. No preoccupation with human busyness can crowd out spiritual

activity, no fear or self-depreciation can undermine our confidence when, in Paul's words, "we are confident, . . . and willing rather to be absent from the body, and to be present with the Lord."⁴

We all can awake to our potential for praying scientifically and effectively. Mrs. Eddy says, "Those, who are willing to leave their nets or to cast them on the right side for Truth, have the opportunity now, as aforetime, to learn and to practise Christian healing."⁵

You don't have to accept any suggestion that would limit your ability to heal by spiritual means. You can share in the joy of spiritual healing and demonstrate now that you *can* give effective treatment.

¹ Prov. 3:25; ² John 14:10; ³ *Science and Health*, p. 233; ⁴ II Cor. 5:8; ⁵ *Science and Health*, p. 271.

"LEAPING, AND PRAISING GOD"

Acts 3:1-8

Peter took the lame man by the hand and lifted him.
No slow process of accustoming his joints,
no period of leaning on his fellows,
but immediately
he showed his praise of God by leaping,
with holy strength complete
in harmony of joyful ease.

Dear Father,
may I too praise by upward leaping!
When thoughtless sin or stupid false belief
would fashion bonds to hold me down,
with Thy loving, strong, right hand of truth
lift up my thought to holiness,
that I, with joyous shouts,
may leap in praise to Thee.

ANTHONY JOHN COBHAM

The Source of Our Satisfaction

STEPHEN T. CARLSON

Man reflects the depth, beauty, and wholeness of divine Being. He is satisfied, fulfilled.

Often, though, our lives may seem a contradiction of this fact. If we're having difficulty finding the peace and joy that belong to man as God's expression, perhaps we need to look more closely at how we are identifying ourselves and what we consider to be the source of our satisfaction.

Often if one feels dissatisfied, the temptation is to look to some one or some place or some thing for fulfillment. But in identifying ourselves as frustrated mortals living in a physical universe with other mortals we're reasoning from an incorrect premise—the belief that man and creation are material and finite.

The teachings of Christian Science free thought from the generally accepted views of life and being and reveal creation as established on a spiritual basis, complete and permanent, not subject to chance and the fluctuations of mortal belief. As we cease to focus on misconceptions—such as the false assumption that man is essentially physical and that his happiness is found in mindless fun and shallow entertainment—and begin accepting the truths of spiritual existence, we'll discern the fullness, substantiality, and completeness of life anchored in divine Spirit, not in matter.

We need to feel and know ourselves to be Spirit's satisfied expression now, instead of merely hoping to become it. As we're receptive to God's thoughts and consistently affirm that the only Mind we have, the only Mind there is, is God, we perceive more of divine reality and therefore more of our true identity. As a consequence of our prayers, mental obstructions—boulders seeming to block our access to spiritual good—are pushed aside. We begin to feel the completeness and satisfaction that can derive only from God.

There is only one basis of being—Mind and its ideal creation. When we align our thought with Mind through prayer, we discern that fact and begin to shed the belief in a finite, mortal consciousness that cognizes life materially and is the source of all dissatisfaction. “The more nearly an erring so-called mind approaches purity,” Mrs. Eddy informs us, “the more conscious it becomes of its own unreality, and of the great reality of divine Mind and true happiness.”¹

Essentially, the contentment we’re seeking is never found merely in social activities or in mingling with others. If we’re lonely, to haphazardly seek out companionship or change our location without basing our actions on the reality of man’s perfection in God will not bring actual healing of that difficulty. The need is first to identify ourselves spiritually and recognize that God is the source of our being. He hasn’t created an incomplete idea, nor does He deprive man of a single element necessary to his well-being.

Supposititious material consciousness, or mortal mind, would persuade us that life is in matter, that substance and satisfaction are in physical forms, that our very identity is at the mercy of material forces. But there is no material consciousness, no material force. There is, in absolute Science, no material realm. Only by dispensing with material speculation and by reasoning from the basis of spiritual understanding can we begin to perceive God’s perfectly established universe, in which our individual place and purpose—everything that constitutes our well-being—are fixed.

A major breakthrough in putting off materiality and realizing lasting satisfaction is the recognition that we are not material personalities—a particular brand of mortal in a material universe. To think of ourselves as finite personalities jostling other finite personalities is to misconceive man and creation and to make happiness and satisfaction dependent largely on the actions of others. Christian Science empties thought of the belief that we possess a private ego competing with other egos. God is the one Ego, the one Mind. All individuality and identity are the outcome of Mind. Living in accord with this truth, we stop struggling for happiness from a supposed standpoint of imperfection and begin to perceive the wholeness and goodness and beauty of our identity as Mind’s expression. “Material personality,” Mrs. Eddy writes, “is not real-

ism; it is not the reflection or likeness of Spirit, the perfect God.”²

Purity and satisfaction are inseparable. We can purify our thought through prayer and by living in better harmony with our true identity, which is Christlike. Thought that is becoming less cluttered by materiality can more readily discern the limitless vistas of Mind’s universe, the presence and substantiality of spiritual good. Christ Jesus declared, “Blessed are the pure in heart: for they shall see God.”³ And Mrs. Eddy points out, “For true happiness, man must harmonize with his Principle, divine Love; the Son must be in accord with the Father, in conformity with Christ.”⁴

We can happily and naturally let go of any false notions we may have about the source of our satisfaction. It isn’t in matter or time or circumstance. It isn’t at the mercy of chance or whim. Our satisfaction is in our consciousness of God. “He satisfieth the longing soul, and filleth the hungry soul with goodness.”⁵

¹ *Miscellaneous Writings*, pp. 362–363; ² *Science and Health*, p. 337; ³ Matt. 5:8; ⁴ *Science and Health*, p. 337; ⁵ Ps. 107:9.

Keeping Fit

GAY BRYANT

Am I fit enough?

This is a question many people ask themselves. Armchair viewers and sports spectators alike are exhilarated by watching world athletes smash record after record—achieving what would seem to be the impossible. Much importance is attributed to physical fitness, and we are led to believe that if only our own bodies were as supple as those of the superstars we admire, our futures might be brighter and life would be more rewarding.

But is physical fitness enough? It is common sense to most of us

to take natural exercise and follow a normal diet. However, no matter how fit and responsive our bodies may become, our minds may still remain apathetic and lazy. In today's demanding society there is a need for the mentally fit—for the thinker who is mentally alert enough to deal with fear and modern-day stresses. If as much time were given to keeping our minds exercised by well-ordered thinking based on divine Principle as is given to physical training and well-being, the world would undergo a change for the better.

Christian Science shows us how to demonstrate God's healing power. An understanding of this Science enables one to display mental fitness and to prove there are no barriers, such as age, that can prevent him from being active. His method of keeping fit is prayer, and this activity promotes health and harmony.

What we think influences our bodies and the situation surrounding us. A person who harbors depressed thoughts is far more susceptible to a discordant bodily condition than one whose thoughts are uplifted in an expectation of good. Our mental attitude affects everything we do. How important, then, to fill our thought with the true understanding of the allness of God, good, rather than with a negative approach of uncertainty and fear.

At the start of the day we are wise to go through quite a rigorous mental limbering up. This stands us in good stead for the daily challenges that may lie ahead. We may begin by filling our thought with the truth of God and man. Mrs. Eddy presented to the world a revolutionary concept of God in *Science and Health*, and it is from the basis of this new understanding that Christian Science teaches us to pray. One definition reads as follows: "GOD. The great I AM; the all-knowing, all-seeing, all-acting, all-wise, all-loving, and eternal; Principle; Mind; Soul; Spirit; Life; Truth; Love; all substance; intelligence."¹

Man is the expression, or idea, of the Father-Mother God. The first account of creation in Genesis reads, "So God created man in his own image, in the image of God created he him." It continues, "And God saw every thing that he had made, and, behold, it was very good."²

When these spiritual facts are understood, a firm foundation of good has been established in thought, and one can feel confident

in tackling mentally—through Christianly scientific prayer—the problems that beset mankind.

A much quoted saying of Christ Jesus' is, "Ye shall know the truth, and the truth shall make you free."³ Christian Science teaches that the truth Jesus referred to was perfect God and perfect man, and that the practical application of this idea solves problems. Some people may be inclined to think that Christian Scientists are living in "cuckoo-land," holding this view of God and man when all around is seeming chaos and human misery. But isn't this appearance of misery proof that enlightened thought is needed? The chaos and misery of human existence will persist until we individually bring order and harmony into our lives by changing the basis from which we live, namely our thought. For what do we achieve by holding an imperfect sense of God and man? Mrs. Eddy writes: "Do you not hear from all mankind of the imperfect model? The world is holding it before your gaze continually. The result is that you are liable to follow those lower patterns, limit your life-work, and adopt into your experience the angular outline and deformity of matter models." And she continues, "To remedy this, we must first turn our gaze in the right direction, and then walk that way."⁴

The scientific mental worker is therefore not striving to obtain an improved physique but a happier, healthier attitude based on and resulting from spiritual truth—an attitude that will bless him and those around him. The results of his daily "exercise" are manifold: Christian Science enables him to be calm in time of crisis; to disown bad temper; to refuse to let criticism and jealousy sway his judgment. A deep and developing love for his fellowman makes him a more conscientious worker, a more thoughtful boss, a more understanding parent, a more loving partner. Whatever he does, if his thoughts are God-based, good is the underlying factor.

Christian Science teaches us to apply the law of God in our daily lives, as Jesus did. This law is put into action through our prayers. In school a student is taught to apply the laws of mathematics. If the result is incorrect, mathematical law is not at fault, only the student's application of it. So with Christian Science: the law of God is never at fault, but our application of it may be. Jesus was able to demonstrate the readiness of God's law to overcome all man-

ner of sickness, sin, lack, and even death. Mrs. Eddy discovered in this age the ever-availability of God's law, and now students of Christian Science the world over can rely solely upon God's law to solve their difficulties.

After a morning warm-up through prayer, I felt the support of the resulting mental fitness when challenged with what seemed to be an alarming situation.

Two large dogs jumped over the hedge at the side of the road straight in front of my car as I was driving through a village with a friend. One dog escaped; the other lay underneath the vehicle trapped and yelping. I felt no sense of panic and was quickly able to affirm that God, being all-good, could not create accident and that no matter what the scene seemed to be telling me, only good was going on.

My passenger said help would have to be found if the animal was to be freed, and that I should go and find help immediately. I asked some children, playing across the road, whether they knew who the animal's owner might be. They said they knew, but refused to go and fetch him. To my astonishment nobody could be found who would come to my assistance.

It was with greater conviction than ever that I turned to God, knowing that He was the only help I needed. With renewed confidence and trust in an all-loving God, I knelt down and spoke comfortingly to the dog, voicing some of the truths that came to me of the present operation of God's law of harmony. He lay still for a moment and then, with a tremendous jerk, he freed himself and ran off down the road. With great rejoicing we drove on our way. My passenger, who was not a Christian Scientist, was particularly impressed by the effect of truth on what had seemed a distressing situation. She commented on the feeling of calm that had been communicated to her.

The next time we watch the record-breakers out on the track, let's give a thought to how spiritually alert and mentally fit we are. Evil and discord dissolve when challenged by the power of God. Let's resolve to keep a little fitter and always be alert enough to apply God's law.

¹ *Science and Health*, p. 587; ² Gen. 1:27, 31; ³ John 8:32; ⁴ *Science and Health*, p. 248.

"Look up, darling!"

ADÈLE NICHOLS

Looking up, as comprehended in Christian Science, does not mean lifted eyes gazing skyward with a heart yearning for deliverance by an unknown God. Christian Science unfolds a diviner sense, which originates in omnipresent Love, God, and embraces the Christ-idea representing Him.

This fact became evident to a Christian Scientist when, on becoming very ill, she was taken to a Christian Science nursing home for care. During a particularly distressing moment one of the attending nurses compassionately said, "Look up, darling!" What more positive direction could have been given whereby to come into communion with God and assimilate the Christly spirit of divine Love! This appeal awakened the Scientist to strive valiantly to look up mentally, as this is understood in Christian Science, to God, imperishable divine Love. God, Love, is man's eternal Life. In *Science and Health* Mrs. Eddy writes: "'God is Love.' More than this we cannot ask, higher we cannot look, farther we cannot go."¹

In prayerful humility and thankfulness, based on a spiritual premise, she made a persistent effort over a period of several weeks to unite her thoughts of existence with Christ, Truth. She prayed to see that God is the only creator, that He interprets His laws, the laws of Love, and manifests His omnipresence, and that those who look up to Him through the vision of scientific truth can see His laws in operation.

With the spiritual perception that God is All and matter and material sense are without entity in divine Life, the Scientist refuted the aggressive mortal mind suggestions of materiality, discouragement, suffering, and death. She knew that omniscient Love is sufficient to meet the demands of healing. Did not the

prophet declare, "Look unto me, and be ye saved, all the ends of the earth: for I am God, and there is none else"? ²

This promise was an angelic messenger, virtually saying, "Look unto Me, My beloved idea, for I have already saved and shielded you as My perfect image." Before long, by utilizing this way of Science to see God's cherished image through spiritual understanding, the Scientist was able to return home to resume work with an illumined sense of harmony, peace, health, and renewed strength.

Christian Science teaches that the way to bring healing into individual experience is to base our upward mental footsteps on the truths of perfect God and perfect man as His creation. This upward and outward way lifts individual consciousness beyond the knowledge of mortal selfhood up to the scientific truth of creation; from this latter viewpoint one cannot look higher or go farther.

It sometimes requires great courage, deep consecration to God, more love for mankind, and thorough self-examination to look beyond self-pity and resentment—the unreal claims of mortal mind, which Jesus called "a liar, and the father of it" ³—and bring to view the conviction of man's real being as the faultless reflection of the all-loving Father-Mother God.

If beliefs of pain, sickness, or weighty responsibilities present themselves, asserting personal attachment or a past history, these can be met as untrue falsities. One cannot go backward to a former period to eradicate error from thought. The healing work to be done is in the *now*.

Yielding human will to the divine can help us to instantly let go of negative and impure thoughts, not worthy to be called truth, wisdom, or intelligence. Pure thoughts see God. Now is the time to attain this Christly perception. Love sees nothing to hate or fear. Life has never beheld death nor been heavy-laden. In God's eternity, earthbound falsities have never been present. Our vision should extend beyond self, for as one forgets a personal selfhood by dwelling on God's creation, one accepts an uplifted sense of life and realizes better its true meaning.

Man is not a mortal, made out of matter or the Adam-dream and governed by illusive lying suggestions. Man includes spiritual

ideas. He is the perfect effect of a perfect divine Principle. As one gains a higher discernment of true identity and its indestructibility, one experiences healing, freedom, and more love for his fellowmen.

With divinely inspired insight the Psalmist lifted high the ideal of prayer and declared, "In the morning will I direct my prayer unto thee, and will look up."⁴ Looking up includes wholeheartedly loving God; it is seeking the activity and power of God in prayer. Christ Jesus sometimes spent all night in prayerful communion with his heavenly Father, and afterward he healed the sick and sinning. Once, when he fed five thousand men with five loaves and two fishes, he "looked up to heaven";⁵ that is, he looked up to his heavenly Father, divine Mind, to bless the situation with Mind's own limitless divine ideas. This was the witnessing in human experience to the eternal fact and true view that supply, substance, and health are spiritual.

All who follow the example of Jesus, striving to look up and see with the scope of his Christly perception, will surely behold the wondrous things of Spirit and enjoy completeness. Mrs. Eddy asks, "Where shall the gaze rest but in the unsearchable realm of Mind?"⁶

In Christian Science, prayer brings individual consciousness into accord with divine law; it is the acknowledgment of the spiritual coexistence of God and man. Through prayer, looking up becomes an element of demonstration in our lives. Not by infrequently glancing upward at the spiritual facts of God and His manifestations but by consistent unselfed love, prayer, and perseverance in practicing Godlike qualities in the daily round does one gain proof of his God-derived dominion over fear, disease, inharmony, and mortality.

It is a divine privilege to daily rise into a holier consciousness that rouses thought to perceive how near and dear God's image, man, is to Him. "O man greatly beloved"⁷ is the divine assurance to each of us. All of God's sons and daughters, immortal ideas, are beloved by Him and never out of His sight and care. God, Love, is at the door of thought; so we can all look up.

¹ *Science and Health*, p. 6; ² Isa. 45:22; ³ John 8:44; ⁴ Ps. 5:3; ⁵ Mark 6:41; ⁶ *Science and Health*, p. 264; ⁷ Dan. 10:19.

The Passport

Kathleen Els Mallet



Mary lived with her parents in a flat overlooking the Lake of Geneva in Switzerland. She went to a local school and also studied music. In the holidays she often helped to look after small children, because she was very fond of them.

A number of children whose parents were in other countries were staying with one of Mary's friends. They were a very happy group, and all of them attended a Christian Science Sunday School in the nearby town. Mary also went to that Sunday School and

was in an older class with several other boys and girls of different nationalities, who were at various schools in the neighborhood. They had wonderful classes, discussing the works of Christ Jesus and different parts of the Lesson-Sermon¹ and trying to see how they could turn to God in their daily life. During the week they would study passages from the Bible and from *Science and Health* by Mrs. Eddy, so that on Sunday they were full of questions and ideas.

One Saturday, when Mary arrived at her friend's house, everyone was rushing around in small circles because one of the children had to leave suddenly the next day to join her parents abroad. They discovered that her passport needed renewing, and Mary was asked to go down to the British consul as quickly as possible. She got on her bicycle and was soon at his office, but it was locked, and all the offices in the building seemed to be deserted.

Mary couldn't think what to do. Then suddenly one of the Bible passages from that week's Lesson-Sermon came to her: "Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."² This seemed to be such a definite command that she quietly sat down on a seat in the foyer and began to acknowledge that God is All, the only power. She knew He was all the help she needed in every situation. All she had to do was to trust in Him. She remembered Mrs. Eddy's well-known words in *Science and Health*, "Divine Love always has met and always will meet every human need."³ A great sense of joy flooded over her, and she knew this was the truth.

At that moment a man came into the building to go into one of the other offices. He saw Mary sitting there and asked if he could help. When she explained it all to him, he told her that the British consul's office was always closed on Saturdays. However, he knew the consul's home address and felt sure that as the matter was so urgent the consul would be quite willing to come along to his office to stamp the passport.

In no time at all the whole matter was seen to. Mary was able to return to her friend's house with the passport, full of joy and thanks to God.

¹ In the *Christian Science Quarterly*; ² Prov. 3:5, 6; ³ *Science and Health*, p. 494.

Editorials



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NAOMI PRICE
Associate Editor

PETER J. HENNIKER-HEATON
Associate Editor

ALFRED F. SCHNEIDER
Associate Editor of the Herald

A Place for Everyone

On the classroom wall of a school hung a well-worn placard. Successive generations of pupils had read the motto printed on it, but, confided one veteran teacher, as far as she knew, few had paid attention to its message. Its purpose was to encourage tidiness and it read, "A place for everything, and everything in its place."

But one pupil evidently had taken more notice than she or the teacher had realized. She was surprised, a few years later, when she found herself thinking about the text, and as she did so, she realized it reminded her of a spiritual truth she had recently learned through her study of Christian Science: that in God's universe there's a place for everyone, and everyone is in his place.

At the time, this was the opposite of what seemed to be the case in her office. But as she held this spiritual truth in thought, within a few days the situation was corrected. The individual who seemed to be in the wrong position was quite naturally moved to another that suited her much better, and everyone concerned was relieved.

Humanly it doesn't always seem to be the fact that everyone is in his right place. But Christian Science teaches that in truth, in the infinite structure of God's spiritual, eternal kingdom, everyone is invariably established in his God-directed activity, and it shows how this divine fact can be proved in human experience. As Mary Baker Eddy says in her book *Retrospection and Introspection*, "Each individual must fill his own niche in time and eternity."¹

God, divine Principle, governs His universe in harmony, maintaining all that He has created in it intact and in perfect adjustment. There are no mistakes and no misfits in God's kingdom, not one

individual is missing and not one is redundant—without a perfect place.

Perfection involves supreme excellence, completeness, and accuracy, and these are qualities unmistakably apparent in true being. Nothing less can represent the one creator, of whom the Psalmist said: "Praise ye the Lord. . . . The works of the Lord are great, sought out of all them that have pleasure therein. His work is honourable and glorious: and his righteousness endureth for ever." ²

The understanding of the perfection of spiritual creation is a powerful healing influence in the human mind and, as a consequence, in human experience. When the Christ, or Truth, is accepted into consciousness, false beliefs give way before it. Its transforming influence is immediately tangible, since outward experience is the subjective state of mortal thought. The true idea of God operates as law in every aspect of the physical realm, adjusting whatever needs adjustment, enlightening, healing, saving, until finally thought is completely spiritualized, and this world is totally transformed through Christ.

Everyone can feel this transforming influence of Truth and experience the satisfying adjustments that take place in human affairs when God's law is understood and honored. If one is apparently a misfit in society, a square peg in a round hole at work, a useless, unwanted person without a place or purpose in the world, the situation can quickly respond to spiritual consciousness, and the harmony that bears witness to divine law be established.

People who understand God's law of harmony, and faithfully fulfill their responsibility to Him in carrying out the work He has given them, will always feel secure and well rewarded. One cannot expect to be commended for work that is done badly or not done at all. Like the unprofitable servant in Christ Jesus' parable—the servant who did not make the best of the one talent his lord had entrusted to him—slothful or disobedient individuals who waste their opportunities may justifiably feel themselves to be cast "into outer darkness"—until they do better.

On the other hand, those who understand that the law of God, divine Principle, assures them of opportunities to fully express the talents He supplies—who are obedient to God and lovingly do

their best—know they must enjoy the reward of work well done. They are ready to be made “ruler over many things.”³

These faithful servants know that the hatred sometimes felt in human situations—antagonism, prejudice, discrimination, jealousy, and mad ambition—is not only powerless to keep them from taking the place in the world that is right for them at that time, but also powerless to remove them once they are in. They do not feel the need to justify themselves to other people in order to be awarded good positions or to protect the ones they have. They are content to rely on the law of Love, assured that good justifies itself and that dishonesty, mental manipulation, misunderstanding, and mischief are incapable of displacing anyone from a niche that belongs to him under divine law.

God has given to all of His creation their special, individual purpose and place in His grand universe of spiritual ideas—and we can prove it. As the wise Preacher of the Bible has said, “Whatsoever God doeth, it shall be for ever: nothing can be put to it, nor any thing taken from it: and God doeth it, that men should fear before him.”⁴

NAOMI PRICE

¹ *Ret.*, p. 70; ² Ps. 111:1–3; ³ See Matt. 25:14–30; ⁴ Eccl. 3:14.

Never Shut Out from Good

No door can shut us out from the presence of God, infinite good. No locks or bolts can prevent us from reaching the healing and saving Christ; nor can any of these prevent the healing and saving Christ from reaching us. Call the door advanced years, long-established disease, missed opportunity or misunderstanding, lack of formal education, prejudice, discrimination—none of these can withstand the penetrating, liberating message of the Christ or keep us separated from divine Love, God.

The gospel record of Christ Jesus tells us much about his healing methods. It also tells us much about those who sought him out

for healing, their persistence, their refusal to be discouraged, even their ingenuity. The centurion who would not let distance block his servant's healing. The blind man who would not be silenced until Jesus heard and called and healed him. The Syrophoenician woman who would not let nationality prevent her daughter being healed. The palsied man whose friends let him down through the roof so he could get to Jesus for healing. In one of his parables Jesus directly commended such importunity. "Knock," he said, "and it shall be opened unto you."¹

Nothing can prevent us from reaching the Christ's healing presence. We, too, can refuse to be put off by doors apparently closed, crowded by people, or labeled "No admittance." We, too, can knock and find these doors opened to us. Attempts to shut us out are but illusions of a supposed intelligence apart from the divine Mind, God. They have neither substance nor reality. In *Science and Health with Key to the Scriptures*, Mrs. Eddy twice quotes these words from the book of Revelation: "I have set before thee an open door, and no man can shut it."²

Using the analogy of sheep and sheepfold, Jesus said, "I am the door."³ This door is the Christ, revealed two thousand years ago by the life and teachings of Jesus and represented today by the Christ Science, the life and teachings of Jesus explained in terms of scientific revelation and demonstration. This door shuts out the thief and the robber, whatever would harm the sheep. But it admits all with a right to enter; it leads us into a spiritual understanding of God as infinite Spirit and divine Love, everywhere present to care for and sustain His creation. *Science and Health* states this message of the Christ Science in eight incisive words: "Existence, separate from divinity, Science explains as impossible."⁴

The door that is the Christ is always open to us; it is Truth itself, revealing good's infinite all-presence. Divine all-presence is really the key to understanding man as never separated from God, good. Infinite divine Spirit is all-present, so man does not have to get to God, to get out to God or in to God, down to God or up to God. And there is no door or window or roof we must pass through to reach God—except that door ever open to us, the Christ, the true idea of all-present good, God.

A door that sometimes tries to shut us out from good is the

suggestion that divine healing is only for others. But in responding to the question how she would define Christian Science, Mrs. Eddy replies: "As the law of God, the law of good, interpreting and demonstrating the divine Principle and rule of universal harmony."⁵ The men who launched the Viking spacecraft toward Mars last summer did not question that the laws of celestial mechanics operating in the neighborhood of earth would still be operating in the neighborhood of Mars when their craft was due to arrive there nearly a year later. If physicists assume that physical laws are universally operative, surely it is reasonable for us to accept the healing law of God as universally operative, available to all everywhere always.

At the entrance to a national historical site a man was seen standing with an official-looking collection box and charging a modest fee to those who went in. Most paid it without question, but a few turned away. At last one visitor asked the man, "By what authority do you make this charge?" The man gathered up his belongings and made off hastily, leaving everyone to go in free. He had no authority.

So when we see signs claiming to shut us out from good, even if their "No admittance" is followed with the words "By order" or "By authority," we can challenge these with "By whose order? By what authority?" If these signs would shut us out from the omnipresence of God, good, of health, employment, companionship, spiritual growth, and useful service to others, they are illusions of mortal thought. They have no authority, and we can enter freely.

After Jesus' resurrection when his disciples were meeting behind closed doors, Jesus suddenly appeared to them. The record does not say how, just that he came "and stood in the midst."⁶ As we open our thought and hearts to the all-presence of God and His healing Christ, then regardless of doors and walls, however named or labeled, we find God's healing power in our midst. We find the kingdom of heaven, the liberating Truth, the universal law of divine harmony, operating within and around us to bring us unobstructed into all good.

PETER J. HENNIKER-HEATON

¹ Luke 11:9; ² Rev. 3:8; ³ John 10:9; ⁴ *Science and Health*, p. 522;

⁵ *Rudimental Divine Science*, p. 1; ⁶ John 20:19.

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Testimonies of Christian Science Healing

[Original in German]

Over twenty years ago my father suffered a cerebral hemorrhage. After a long stay in a hospital, he was advised twice to have an operation. However, he could not decide. His energy was gone, and he said that he would never be able to work again. An acquaintance recommended that he turn to a Christian Science practitioner to ask her for help. A very short time later, after receiving treatment in Christian Science through the prayers of the practitioner, my father began to work again, and has since felt well. For us this healing was a great miracle.

My father's healing gave me the certainty that our little daughter could also be healed. Six years ago when she was a year old, she could not yet stand properly. X rays showed that a hip was dislocated. As a result, one leg was shorter than the other. There was no medical assistance sought or given after the X rays. Instead, this time too a Christian Science practitioner was asked to treat the child. She told me the right way to think in order to help the child. She mentioned many passages on perfection from the Bible, and *Science and Health with Key to the Scriptures* by Mary Baker Eddy. Christ Jesus said (Matt. 5:48), "Be ye therefore perfect, even as your Father which is in heaven is perfect."

In *Science and Health* I studied Mrs. Eddy's answer to the question "What is man?" which includes these lines (p. 475): "The Scriptures inform us that man is made in the image and likeness of God. Matter is not that likeness. The likeness of Spirit

The statements made in these testimonies with regard to healings have been carefully verified. The original testimonies and their respective verifications are on file for reference with The Christian Science Publishing Society.—THE EDITORS.

cannot be so unlike Spirit. Man is spiritual and perfect; and because he is spiritual and perfect, he must be so understood in Christian Science."

Two months later we were happy to find that everything was in the best of order. Our little daughter is now eight years old and walks normally.

I thank God, as well as the practitioner, from the bottom of my heart for the help.

(Mrs.) ROSMARIE MOLLET-KAISER
Lyss, Switzerland



[Original in Spanish]

I want to give this testimony to express my gratitude to God for Christ Jesus, the Way-shower, and for Mrs. Eddy, the Discoverer and Founder of Christian Science, for all the blessings received in physical healings, and for all the proofs I have had of God's care and provision.

One of the most important demonstrations for me was that of supply. My husband had passed on unexpectedly a short time before; my son and I found ourselves with serious financial problems. My son was seventeen years old, without much experience in the business of his father, who was a dealer in potatoes. My son wanted to plant the potatoes himself and did so, planting five hectares in the Alvear zone. Shortly after he had sown them, a storm came up, with so much rain that it flooded all the fields. My son was in despair, because the water was going to ruin the whole harvest.

Then I went to a Christian Science practitioner to explain the problem to her. With much kindness and firmness she said to me: "Remember that God is the only power. God is always present. Evil has no power, no place nor law. Every time discouragement would invade your thought, remember this. Mrs. Eddy tells us (*Science and Health*, p. 494): 'Divine Love always has met and always will meet every human need.'"

And in this way the days went by, and all the sown ground remained under water. When my son returned from the sown field, his face very sad, he would say to me, "Mother, we're going to lose

the whole crop!" I would immediately answer him in the words of the practitioner and firmly declare the power and presence of God, who never abandons His children.

When the harvesttime arrived, my son went with others to dig up the potatoes, but he was very sad. When he returned from the field, he was radiant with happiness. The water had not touched the crop to damage it. They were the finest potatoes they had had. And when the product was sold at the market, it was sold at a very high price, since they were dealing in the largest and most beautiful potatoes that they had seen.

This was a great proof of God's care for His children when they trust in Him, never doubting.

Again I am grateful to God for everything and for being able to take Christian Science class instruction this year, thus fulfilling a great desire.

(Mrs.) MARIA S. DE CERCHIARA
Rosario, Argentina



With deep appreciation for God and love for mankind, I offer the following experiences.

When I was about ten years old, I was helping to pull weeds from a rose garden. I worked without gloves. Several days later a painful and irritating condition appeared on my hands. I went to school as usual, but the teacher sent me to the school nurse. She told me I had some kind of an allergy and that I would have to have a doctor examine my hands and give me permission to return to classes. The doctor confirmed the nurse's remarks, and my parents were told to keep me at home till my hands were clean.

I had been a student in the Christian Science Sunday School since the age of two, and this was the first time I had been to a doctor. My mother quietly assured me that Christian Science treatment would certainly annul any medical prediction about my hands. A Christian Science practitioner was called. She told me that my spiritual selfhood could never be touched by irritation. She asked me to study the story of Naaman in the Bible (see II Kings 5:1-14). I noted his lesson in obedience and humility.

I tried to understand and use these qualities with my parents, friends, and teachers. I tried especially to think humbly and kindly about the doctor who had made the prediction about my hands.

My school books were brought home and I studied along with my class. Gradually my hands improved until they were completely healed. Although I missed the balance of the semester at school, I passed into the next grade with satisfactory marks. This proved to me the healing was complete.

Through childhood I was continually plagued with sties, and from time to time through my teen-age years this problem would occur. After marriage, while I was soloist in a branch church, one Sunday morning I awoke with an unsightly sty. I said to my husband, "Maybe a substitute is available. I don't see how I can face the congregation and sing." My husband, who was very active in supporting the services, said, "If you really know God never made an unsightly blemish, the congregation won't see it either." I sang as usual and not one individual mentioned my appearance, for the sty had disappeared. That was many years ago and I have never had a recurrence.

Shortly after our son was born in 1955, I felt a lump in one of my breasts. I was concerned that I had an incurable condition. I prayed a great deal and tried to destroy the fear. I also had to deal with a feeling of guilt because I couldn't seem to shake a sense of doom. I called a Christian Science practitioner. As she talked with me, she sensed that the word describing the disease was what I was fearing. She quoted from *Science and Health* by Mrs. Eddy (p. 473), "God is everywhere, and nothing apart from Him is present or has power." I put myself entirely in God's hands, and the practitioner agreed to help as long as I felt I needed her prayers. With my study, fears gave way to courage.

Within a very short time, an opening appeared on the breast. It drained and closed. My healing enabled me to prove God's care. For Mrs. Eddy's great gift of Christian Science, I shall always be grateful.

(Mrs.) JACQUELINE FISK SAYRE
Arcadia, California

As the husband referred to in the testimony, I was present during the last two experiences and saw the healings as described. Over the years Christian Science has brought increasing joy and harmony to our marriage and our lives.

WAYNE G. SAYRE



Healing. That is what Christian Science has always meant to me, and although I have many healings to be thankful for, there is one that will always be very special to me.

When I was three years old, I started wearing glasses for a condition in one eye that was termed "lazy." Today, at age twenty, in my junior year in college, I am finally free from the limitations set on me.

As a theater major at college I have often had to go without glasses for long stretches of time in order to portray a character on stage accurately. I was always relieved to be able to put them back on after a rehearsal, as my vision was blurred without them. One afternoon during rehearsal my glasses were damaged. A friend tried to repair them, but for some reason I still couldn't see out of them once the lenses were replaced.

That evening a close friend came to talk to me. I can still hear him saying, "Don't go halfway. If you're going to get rid of the glasses, don't ever wear them again, but if you do, then go and get them fixed."

That was all the encouragement I needed. I took the glasses off, reached for *Science and Health* by Mrs. Eddy, and located the definition of "eyes" on page 586. It begins: "Spiritual discernment, —not material but mental."

For the next three or four weeks I studied Mrs. Eddy's works as diligently as I knew how and looked up every reference to eyes that I could find in the Bible. A few days later it dawned on me, while reading an article in the *Sentinel*, that spiritual discernment really is humility. I knew after reading that article that a change was required of me, to look at my friends, my professors, my family, and even those people I didn't particularly like, as the beautiful children that God created them to be. I had to stop criticizing, judging, and condemning, and I had to start loving. And the longer

I waited to begin—the longer I let myself believe that unhappiness, apathy, and dishonesty are more powerful than joy, activity, and truth—the farther away the healing seemed. I had to humble myself, my pride, my holier-than-thou attitude, to see the good that I was already blessed with, the good surrounding me.

It wasn't long before I had found my spiritual vision, and the physical eyesight responded to the spiritual insight. One night while studying I noticed that everything on the page I was reading was clearly focused. In my immediate joy I rushed around my room reading posters to verify the healing that had been postponed nearly seventeen years. In my joy I bumped into the mirror, and for the first time in my life I saw what I really looked like without glasses.

The healing is permanent and sure—so sure, in fact, that I have never experienced a headache while reading, and I am often called upon to read things for other people.

My gratitude to God is unspeakable. We owe so much to the Way-shower, Christ Jesus, and to Mrs. Eddy for the truth they so selflessly demonstrated. I have been reborn!

(Miss) ETHEL AMES BAKER
Voorheesville, New York



My written gratitude for Christian Science is long overdue. Great joy has been ours for over forty years. In the face of a variety of problems, we have always found the positive, spiritual, healing solution.

When I first became a student of this religion, an experienced Christian Scientist offered me some excellent advice: "Teach your children to practice Christian Science for themselves." We followed this admonition and found our children not only loved to prove the scriptural and scientific truths for themselves, but were also happy to help each other, their friends, and even their parents! Consequently, they grew up with a love for Christian Science, and spiritual understanding continued to develop for them through the years. Now, as adults, they are active in their branch churches, joyously seeing their children living and proving these same eternal truths.

The first healing I recall in our family was of our older daughter when she was a toddler. One day when I was busy attending my younger baby, the toddler was alone in the kitchen. Suddenly she cried out and I saw she had climbed up on a table and opened a wall cabinet. There she had found a can of fluid used to unstop drainpipes, and had tried to clean her teeth with it. The inside and outside of her mouth appeared to be burning. The label on the can warned "poison."

Even though I was new in my study of Science, I had complete confidence in its healing power, so I felt no fear. The child was crying and it was difficult to call a Christian Science practitioner just then. So I held and rocked her while I sang and prayed. A passage from *Science and Health* by Mrs. Eddy that was in that week's Lesson-Sermon in the *Christian Science Quarterly* came to my thought with its healing message (p. 424): "Accidents are unknown to God, or immortal Mind, and we must leave the mortal basis of belief and unite with the one Mind, in order to change the notion of chance to the proper sense of God's unerring direction and thus bring out harmony."

"Under divine Providence there can be no accidents, since there is no room for imperfection in perfection."

The impossibility of her having an accident when she forever lived, and moved, and had her being in God, in Mind, in Spirit, was clear to me. Soon she fell asleep. I called a practitioner, who agreed to give prayerful metaphysical treatment. That night the child cried several times. Each time either my husband or I read aloud to her from *Science and Health* until she was quiet.

The next day the appearance of her face looked bad, but we were confident that the healing was taking place. We kept her away from mirrors, and she seemed quite unaware of any problem. A friend who stopped by urged me to take the child to a physician. I recall my answer: "She is more precious than anything in the world to me, and she is being cared for in the best and surest way possible." In three days the child's face was completely clear of all signs of the burn and normal.

Our second daughter had an impressive healing of a mastoid condition in one ear. In obedience to the laws regarding minors in the state where we then lived, we called a physician. When we

told him we were having Christian Science treatment for her, he was kind and understanding. He said he had seen good results from Science work and it would be helpful in this case. At no time did he prescribe or administer any drugs for her. Her healing came about through Science and was complete and permanent.

Throughout the years we have had a number of opportunities to prove the healing efficacy of Christian Science. Our travels through many foreign lands have provided us the privilege of seeing man as the image of God, and spiritual, rather than as a mortal of a certain nationality, color, and ideology. Always we have been met with friendliness and kindness, and have enjoyed divine protection and provision. It has been a joy to visit Christian Science churches in faraway places and feel the oneness of Mind, the one Truth, blessing all mankind, impartially and continuously.

(Mrs.) ELIZABETH M. OSBORNE
Atlanta, Georgia

"I have no greater joy than to hear that my children walk in truth" (III John 1:4). I am one of the daughters of the testifier, and it has been my privilege to witness the growth of my children in their understanding of Christian Science. My sister's healing of the burns on her face was complete and permanent, and she has a clear and unblemished skin.

(Mrs.) BARBARA OSBORNE GARLAND
Altamonte Springs, Florida

I am happy to verify my grandmother's testimony. Through her prayerful work there was no trace of any burn left on my aunt's face, and there has been no problem since with my mother's ear.

I am grateful to have been brought up in Christian Science and to be a member of a branch church and of The Mother Church. I am also grateful for the practicality and tremendous power of this wonderful religion.

(Miss) CAROL E. GARLAND

I, too, wish to verify my grandmother's testimony. I am grateful to have had many instances of healing in Christian Science.

(Miss) NANCY GARLAND

Words of Current Interest



Related to the Lesson-Sermon
for January 18, 1976, in the
CHRISTIAN SCIENCE QUARTERLY
Subject: Life

Understanding is a wellspring of life (Prov. 16:22)

The word "understanding" here is not the word that usually expresses this thought in Hebrew. It has the further meanings of "insight" and "prudence." In the Near East wells often failed in summer, and people relied on cisterns for water. But "a wellspring of life" would be an ever-flowing water source.

Be not wise in thine own eyes (Prov. 3:7)

"In thine own eyes" is here a Hebrew idiom meaning "in your own opinion."

But David abode in the wilderness (1 Sam. 26:3)

The "wilderness" referred to is a dry grassland, an area with little water. It was the home of nomadic peoples and bands of fugi-

tives like David because only small groups of highly mobile people could find sufficient water.

It pleased Darius to set over the kingdom . . . princes (Dan. 6:1)

The Aramaic word translated "princes" is "satraps," representing the Persian word *khshatrapan* ("protector of the realm"). These officials were governors of whole provinces of the Persian Empire; while Daniel is called in the Aramaic the king's "head man."

Reproofs of instruction are the way of life (Prov. 6:23)

"Reproofs of instruction" might also be translated "corrective discipline."

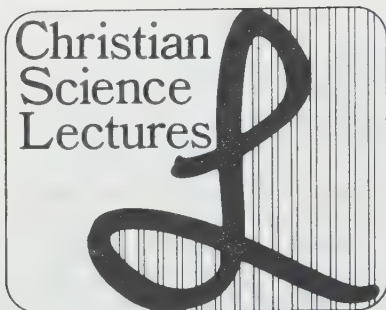
By humility and the fear of the Lord are riches, and honour, and life (Prov. 22:4)

"By" represents "because of," and the Hebrew text couples "humility" and "fear of the Lord" without a connective. *The Interpreter's Bible* comments that the two qualities are practically synonymous here.

They chose out the chief rooms (Luke 14:7)

The King James Version preserves here, as usually, the old general sense of "room" as "space" or "place." (Compare our phrase "make room.") "The chief rooms" were the places of honor, literally "first couches" in the Greek.

The Lesson-Sermons contain Bible references (King James Version) and correlative passages from "Science and Health with Key to the Scriptures" by Mary Baker Eddy.



Everyone is cordially invited to these free lectures.

‡ Indicates Children's Room available during lectures. Details should be obtained locally.

ENGLAND

GREATER MANCHESTER—Cheadle Hulme: Cheadle Hulme County High School, Woods Lane, 3 p.m., Sun., Feb. 1. "Who Do You Think You Are?" (Livezey)

Manchester (Society): West Wythenshawe College of Further Education, Moor Rd., 8 p.m., Thurs., Feb. 5. "Christian Science: The Discovery of the Healing Christ" (Plimmer)

Urmston: Princess Rooms, Princess Rd., 7.30 p.m., Tues., Feb. 3. "Who Do You Think You Are?" (Livezey)

MERSEYSIDE—Liverpool (Fourth): Concert Hall, Bluecoat Society of Arts, Bluecoat Chambers, School Ln., 8 p.m., Fri., Feb. 6. "Who Do You Think You Are?" (Livezey)

FEDERAL REPUBLIC OF GERMANY

Celle: Blumlaeger School, 43 Blumlage, 3 p.m., Sat., Feb. 7. In German. "Ever Protected" (Schindler)

REPUBLIC OF SOUTH AFRICA

TRANSVAAL—Johannesburg (Third): Rosebank Primary School, Jellicoe Ave., Rosebank, 8 p.m., Tues., Feb. 24. "Dare to Care" (Houston)

RHODESIA

Bulawayo: Rhodesian Academy of Music, Robert Sibson Hall, Hillside Rd., 8 p.m., Tues., Mar. 2. "Is Anybody at Home?" (Houston)

VIRGIN ISLANDS

Charlotte Amalie: Church, 6 Snegle Gade, St. Thomas, 4 p.m., Sun., Feb. 1. "Claim Your Freedom" (Tyc)

Christiansted: Lutheran Parish Hall, 51 King St., St. Croix, 8 p.m., Thurs., Feb. 5. "Claim Your Freedom" (Tyc)

UNITED STATES

(Week of January 18 to 24, and an earlier date)

ALABAMA—Birmingham (First): Church, 3116 Highland Ave., S., 3 p.m., Sun., Jan. 18.‡ "Use Your Spiritual Power" (Henderson)

Mobile: Church, 1151 Dauphin St., 8 p.m., Fri., Jan. 23.‡ "See It Like It Is" (Houston)

ARIZONA—Tucson (First): Church, 3035 E. Fifth St. and Country Club Rd., 8 p.m., Fri., Jan. 23.‡ "The Spiritual Viewpoint" (Correll)

CALIFORNIA—Long Beach (First): Church, 440 Elm Ave., 3 p.m., Sun., Jan. 18.‡ "The Healing Method of Christian Science" (Spencer)

Los Angeles (Seventeenth): Church, 1401 N. Crescent Heights Blvd., 8 p.m., Fri., Jan. 23.‡ "What It Takes to Heal" (Spencer)

Oxnard: Oxnard Auditorium, 800 Hobson Way, 8 p.m., Thurs., Jan. 22.‡ "Liberation Through Christ" (Anwander)

Palos Verdes Estates: Church, 4010 Palos Verdes Dr., N. and Via Campesina, 8 p.m., Thurs., Jan. 22.‡ "What It Takes to Heal" (Spencer)

Redlands: Church, Fourth and Vine Sts., 11 a.m., Sat., Jan. 24.‡ "What It Takes to Heal" (Spencer)

Santa Monica: Church, 505 Arizona Ave., 2 p.m., Sat., Jan. 24.‡ "Liberation Through Christ" (Anwander)

CALIFORNIA (continued)

Studio City (Thirty-sixth, Los Angeles): Church, 4032 Whitsett Ave., 8 p.m., Tues., Jan. 20.‡ "What It Takes to Heal" (Spencer)

Temple City: Church, 5561 N. Sultana Ave., 8 p.m., Mon., Jan. 19.‡ "Mary Baker Eddy's Challenge to Materiality" (Spencer)

FLORIDA—Daytona Beach (auspices First, Ormond Beach): Seabreeze High School, 2700 Oleander Ave., 3 p.m., Sat., Jan. 24. "Are You Resourceful?" (Linnig)

Gainesville: Church, 3010 N.W. 16th Ave., 3.15 p.m., Sun., Jan. 18.‡ "Protection Where Lions Lurk" (Wood)

Hudson: Civic Center Association, Vivian and Sunset Dr., 3 p.m., Sat., Jan. 24. "Grow We Must" (Wood)

Leesburg: Woman's Club, 700 S. Ninth St., 3.30 p.m., Sun., Jan. 18. "The Human and the Divine Economy" (White)

Pensacola: Garden Center, 1900 N. Ninth Ave., 8 p.m., Mon., Jan. 19.‡ "Peace Is Individual" (Linnig)

St. Augustine: Church, 15 Carrera St., 8 p.m., Thurs., Jan. 22. "You're a Freeman!" (Linnig)

St. Cloud: Church, 1102 Minnesota Ave., 4 p.m., Tues., Jan. 20. "Grow We Must" (Wood)

Seminole: United Methodist Church, 5400 Seminole Blvd., 11 a.m., Sat., Jan. 24. "Protection Where Lions Lurk" (Wood)

Winter Park: Maitland Civic Center, Hwy. 17-92 and Lake Lily, 8 p.m., Mon., Jan. 19.‡ "The Human and the Divine Economy" (White)

GEORGIA—Columbus: Church, 1010 Blandford Ave., 8 p.m., Sat., Jan. 24.‡ "Is Anybody at Home?" (Houston)

ILLINOIS—Champaign: See local notice for place. 8 p.m., Thurs., Jan. 22.‡ "Use Your Spiritual Power" (Henderson)

Chicago (Nineteenth): Church, 4115 N. Kedvale Ave., 3.30 p.m., Sun., Jan. 18.‡ "How to Love and Be Loved" (Alton)

Kankakee: Church, 240 S. Chicago Ave., 8 p.m., Fri., Jan. 23. "Use Your Spiritual Power" (Henderson)

Palos Park: Church, 12300 S. 80th Ave., 3.30 p.m., Sun., Jan. 18.‡ "See It Like It Is" (Houston)

Park Ridge: Church, 330 Touhy Ave., 8 p.m., Sat., Jan. 24.‡ "Justice Under God's Care" (Henderson)

LOUISIANA—Covington: Church, 129 E. 23d Ave., 11 a.m., Sat., Jan. 24.‡ "The Human and the Divine Economy" (White)

MARYLAND—Baltimore (First): Grace United Methodist Church, Charles St. and Belvedere Ave., 2 p.m., Sat., Jan. 24.‡ "The Power of God" (Rivas)

MISSISSIPPI—Biloxi: Church, 1101 W. Howard Ave., 8 p.m., Thurs., Jan. 22.‡ "Is Anybody at Home?" (Houston)

Hattiesburg: U.S.M., Wesley Foundation, 31st Ave., off Hardy St., 3 p.m., Sun., Jan. 18.‡ "You're a Freeman!" (Linnig)

Vicksburg: Church, 1507 Monroe, 7.30 p.m., Thurs., Jan. 22.‡ "The Human and the Divine Economy" (White)

MISSOURI—Kirkwood: High School, 801 W. Essex, 3 p.m., Sun., Jan. 18.‡ "Who Do You Think You Are?" (Livezey)

St. Louis (First, Mason Woods): Church, 750 S. Mason Rd., 8 p.m., Tues., Jan. 20.‡ "Dare to Care" (Houston)

NEW YORK—New York (Third): Lincoln Center, Alice Tully Hall, Broadway and 65th St., 11 a.m., Sat., Jan. 24.‡ "Ageless Youth" (Driver)

Peekskill: Church, Hudson Ave. and Washington St., 8 p.m., Fri., Jan. 23.‡ "God's Power at Hand" (Alton)

Scarsdale: Church, 46 Fox Meadow Rd., 11 a.m., Sat., Jan. 24.‡ "How to Love and Be Loved" (Alton)

OHIO—Berea: Junior High, 7220 Pleasant St., 8 p.m., Tues., Jan. 20.‡ "What's Your Greatest Need?" (Alton)

Toledo (Second): Church, 2154 Collingwood Blvd., 8 p.m., Mon., Jan. 19.‡ "How to Love and Be Loved" (Alton)

PENNSYLVANIA—Altoona: Sheraton Motor Inn, Rte. 220 South, 8 p.m., Tues., Jan. 20. "The Power of God" (Rivas)

Lancaster: Boys' Club, 33 Dauphin St., 3 p.m., Sun., Jan. 18.‡ "The Power of God" (Rivas)

CHRISTIAN SCIENCE SENTINEL

TENNESSEE—Murfreesboro: Church, 528 E. Main St., 8 p.m., Mon., Jan. 19.† "Use Your Spiritual Power" (Henderson)

TEXAS—Dallas (auspices First, Richardson): North Park Inn, 9300 N. Central Expy., 12 m., Mon., Jan. 12.† "The Spiritual Viewpoint" (Correll)

San Angelo: Church, 720 S. Abe St., 8 p.m., Tues., Jan. 20.† "The Spiritual Viewpoint" (Correll)

San Antonio (First): Church, 501 N. Alamo, 3 p.m., Sun., Jan. 18.† "The Spiritual Viewpoint" (Correll)

Temple: Church, N. Second and Downs Ave., 8 p.m., Mon., Jan. 19. "The Spiritual Viewpoint" (Correll)

VIRGINIA—Richmond (First): St. Paul's Episcopal Parish Hall, 815 E. Grace St., 8 p.m., Thurs., Jan. 22.† "The Power of God" (Rivas)

[These lectures are given by members of the Board of Lectureship of The Mother Church, The First Church of Christ, Scientist, in Boston, Massachusetts, U. S. A.]

THE CHRISTIAN SCIENCE TEXTBOOK

Science and Health with Key to the Scriptures by Mary Baker Eddy is the textbook of Christian Science. It is available in English, in English-Braille, and in Danish, Dutch, French, German, Greek, Italian, Norwegian, Polish, Portuguese, Russian, Spanish, and Swedish. It may be obtained from any Christian Science Reading Room, or ordered directly from MISS FRANCES C. CARLSON, Publisher's Agent, One Norway Street, Boston, MA, U.S.A. 02115.

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Convincing testimonies of healing in Christian Science are welcomed for publication from members of The Mother Church and from students who are not members. If possible, they should be typed, triple spaced, on one side of the paper only and with wide margins. A testimony should be concise and include only the important points necessary to tell of the healings. Thus more testimonies can be published. Testimonies should be signed by the testifier and verified by three members of The Mother Church who can vouch for the integrity of the testifier or have witnessed the healings. If the testifier is unacquainted with three members, his affidavit may be sufficient, but in this case he should, if possible, obtain verification from one or two members. The testifier should submit the verifications with the testimony. Complete addresses of the testifier and his vouchers should be furnished.

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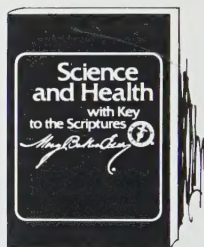
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